

ABSTRACT

The present invention relates generally to the field of breast feeding, and particularly to a device for tracking breast feeding sessions and methods of use thereof by a nursing mother. The present invention is particularly adaptable as a reminder to a nursing mother of which breast was used during the previous breast feeding session, and thereby facilitating alternating breast feeding sessions. The present invention can be combined as an addition to any garment or article of clothing worn by a nursing mother for tracking alternating breast feeding sessions.